



# What can families do?

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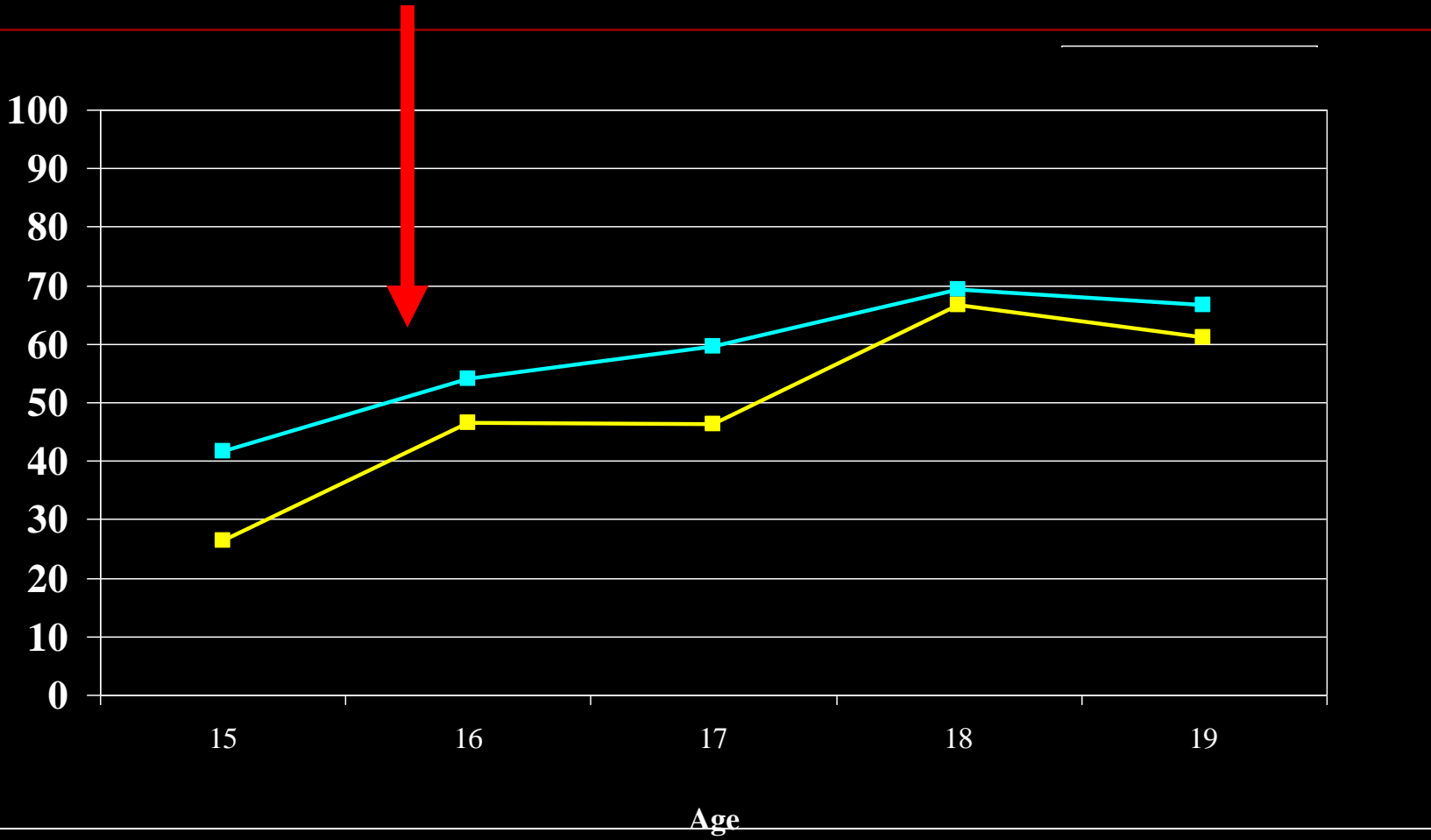
## Discussion Topic

With your child, or the folks around you...what are two things you've been struck with in the last presentation?



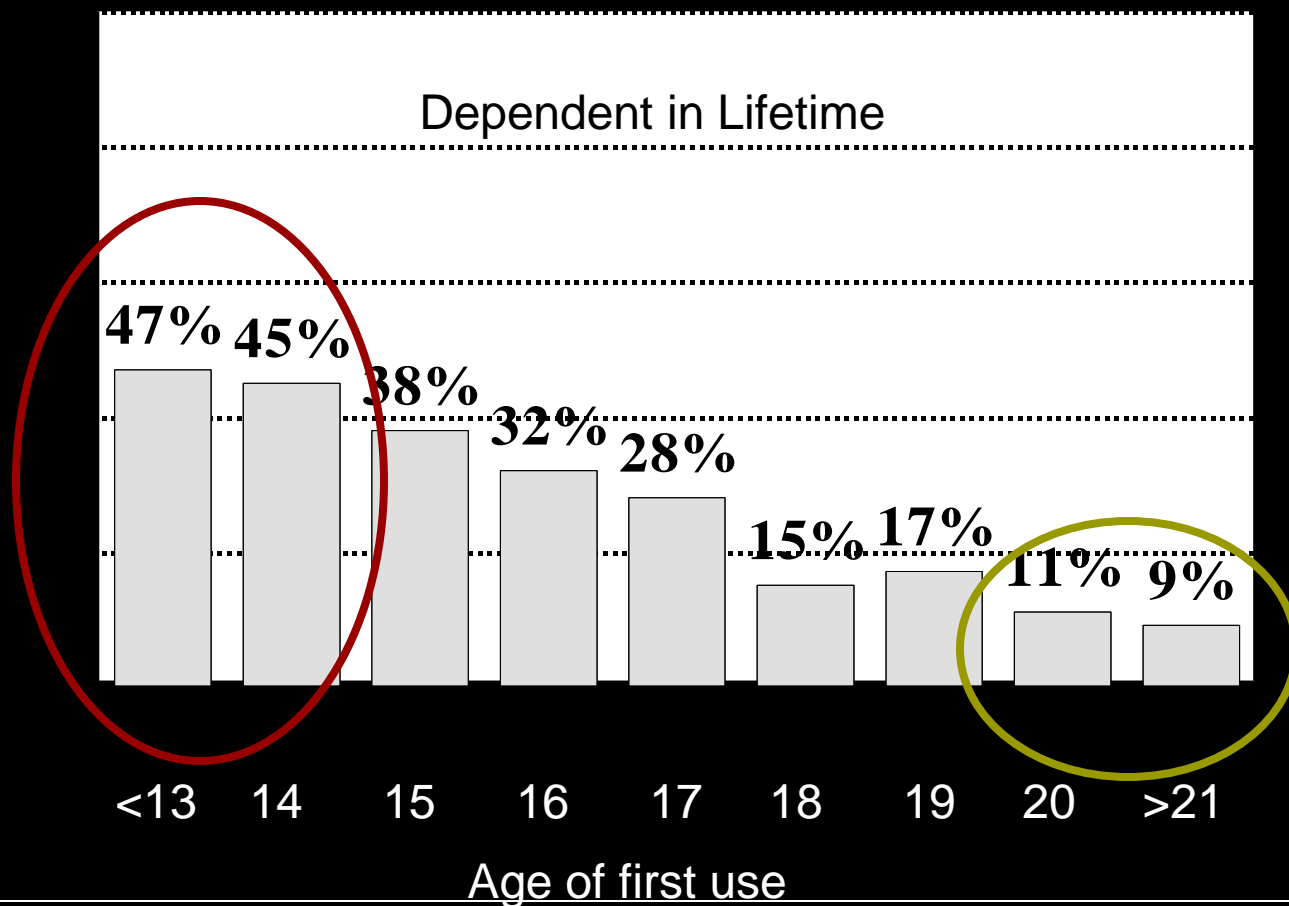
# Family Quiz.....Alcohol Use Among High School Students

## Which is higher? Boys or Girls?



**% Who Used Alcohol in Last Year**

# Percentage of U.S. Adults Aged 18 and Older Dependent on Alcohol, By Age of Drinking Onset





# Family Quiz

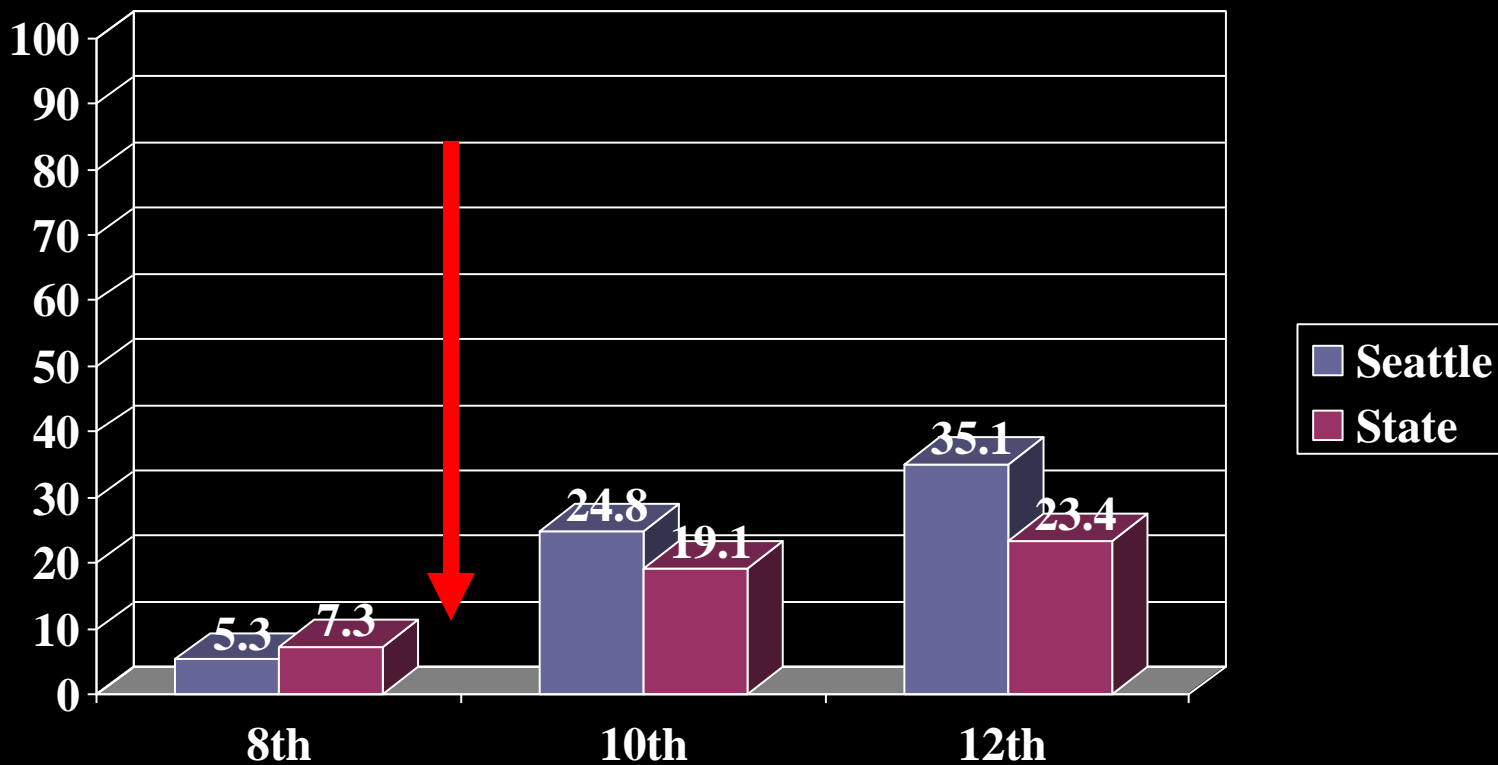
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- What percent of teens who use marijuana before the age of 15 go on to use Cocaine?



# Recent Marijuana Use

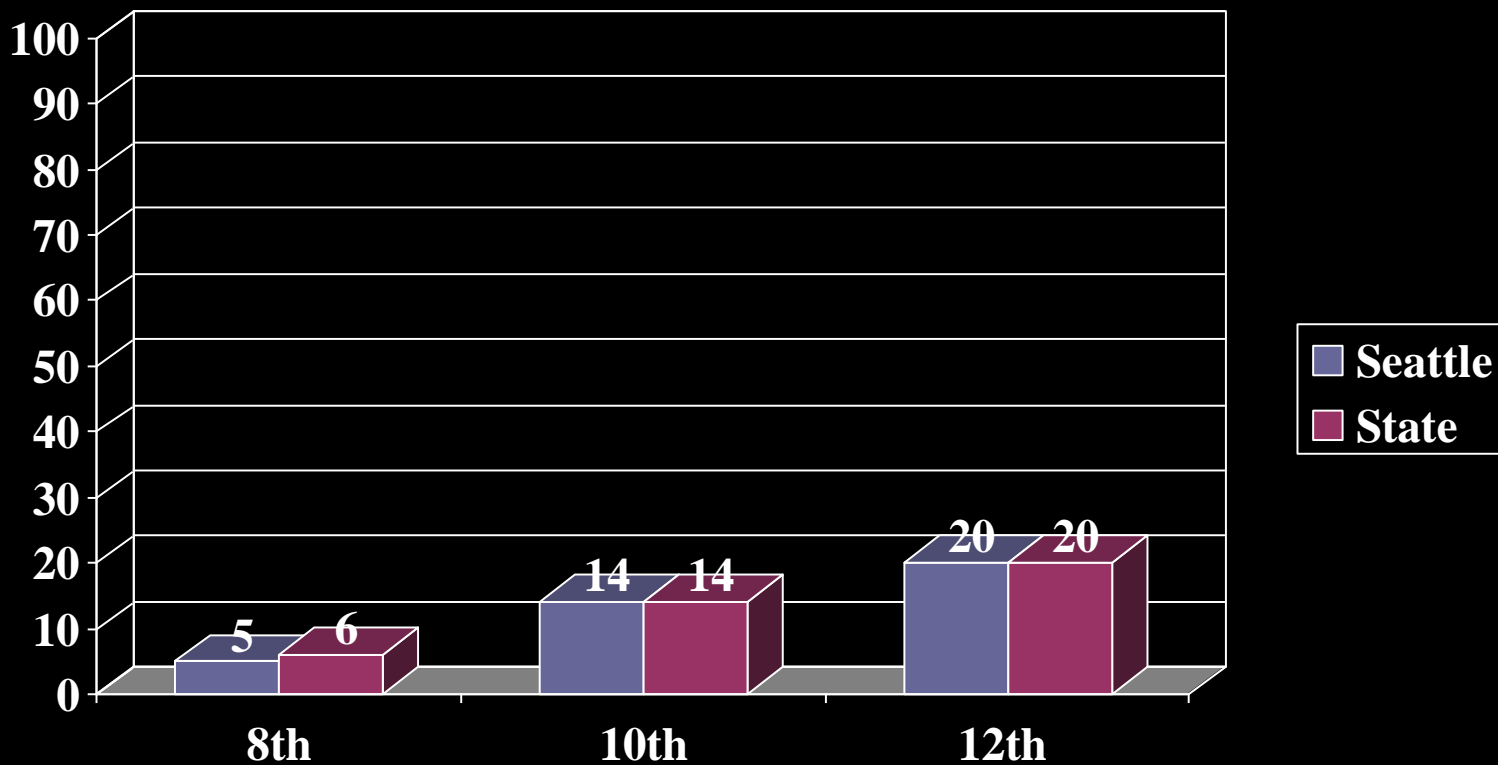
Past 30 days





# Recent Cigarette Use

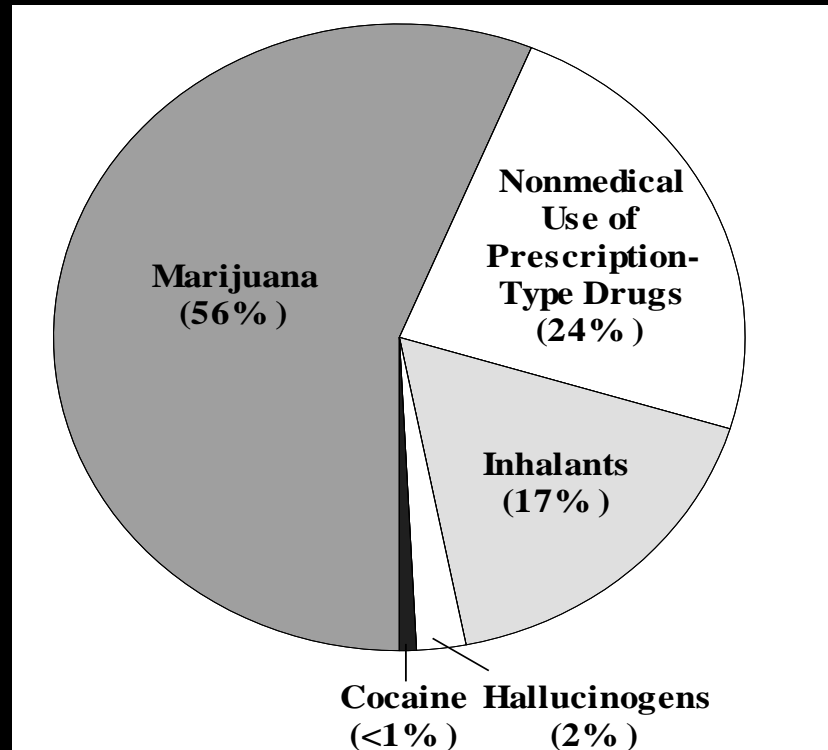
Past 30 days





# What They Start With: Teens Who First Started Using Drugs in the Past Year, 2007

(Estimated N=1,471,000)



# Gateway Drug Progression

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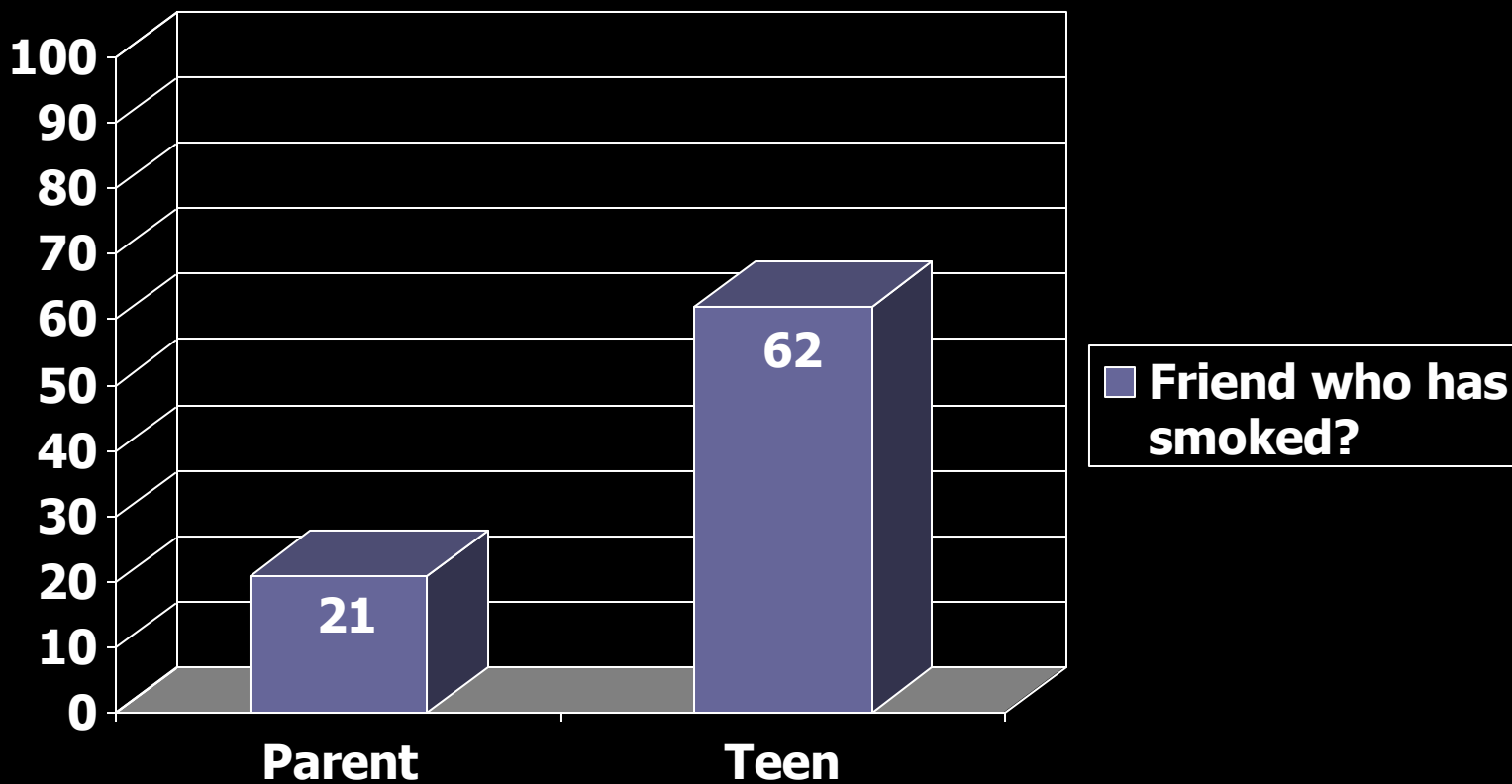
S	D
R	G

# Family Quiz....

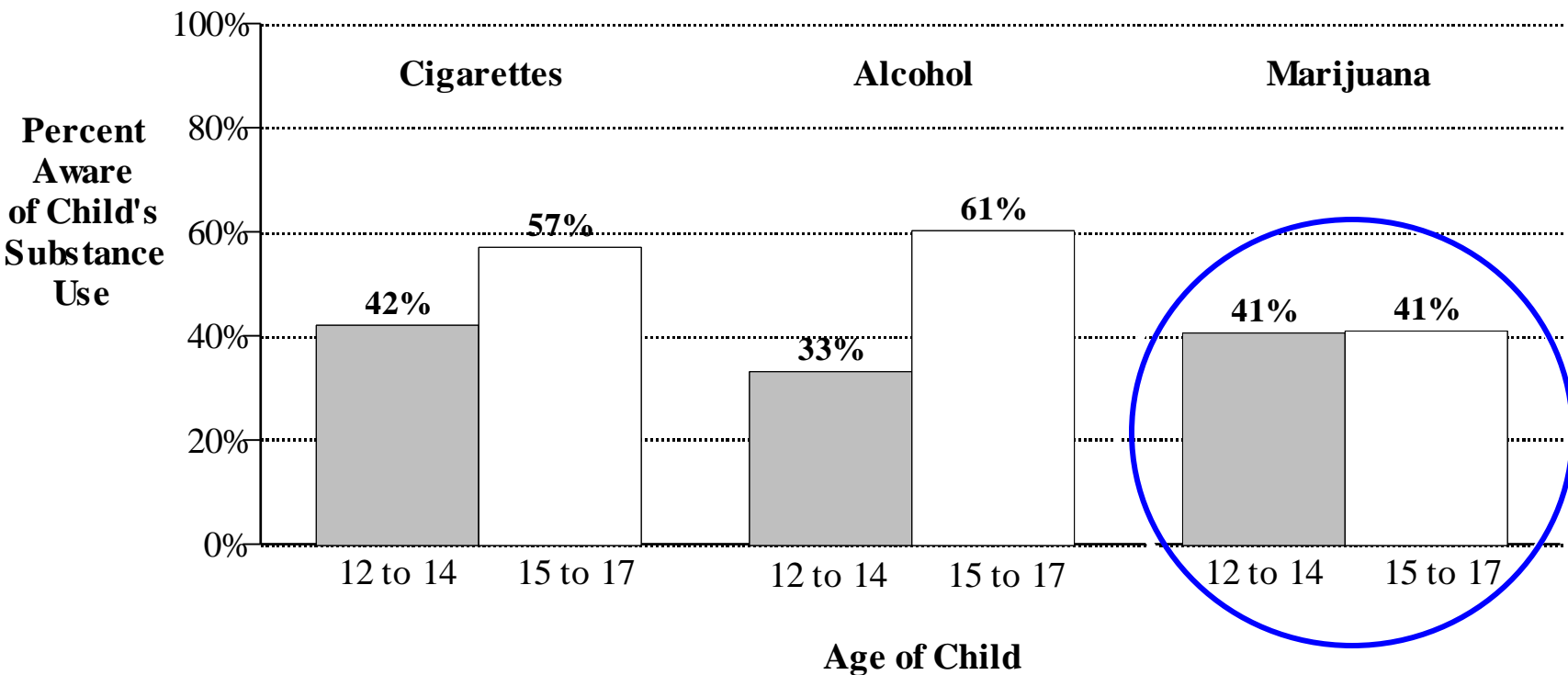
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- Who do teens report as having the most important influence on their decisions

# Percent of Parents who believe their teen has a friend who has smoked Marijuana.



# Percentage of Mothers Who Were Aware of Their Child's Substance Use in the Past Year, by Age of Child



Substance Abuse and Mental Health Services Administration (SAMHSA), "Parent Awareness of Youth Use of Cigarettes, Alcohol, and Marijuana," *The NSDUH Report*, April 24, 2008.



# The teen brain is developing...

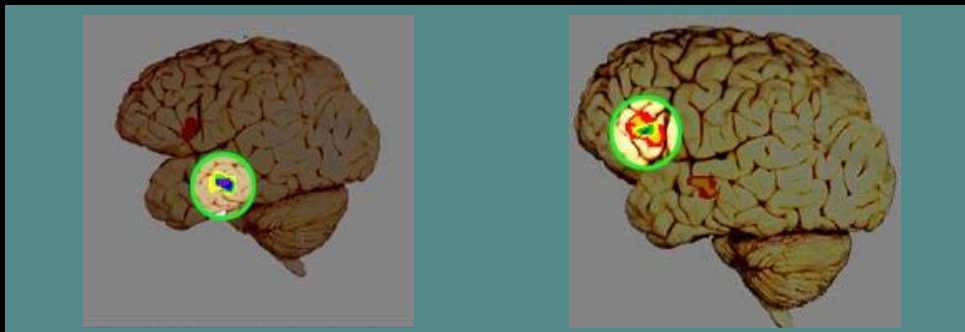


- Judgment
- Planning
- Organization Problem Solving
- Impulse Control
- Abstraction
- Analysis/synthesis
- Self-awareness
- Self-concept
- Identity
- Stress Management
- Spirituality



# BRAIN DEVELOPMENT

- Teens more likely to:
  - Use creativity part of brain
  - Go with gut reaction
- Teens brains less likely to use:
  - Critical thinking
  - Mature judgment
- Parents need to coach critical thinking



Teens (**left**) used less of the prefrontal (upper) region than adults (**right**) when reading emotion.



# Brain Activity: Big in early childhood and teen years.



## Physical

Basic physical needs

How to Learn

Managed by others

## Mental

Social Emotional Skills

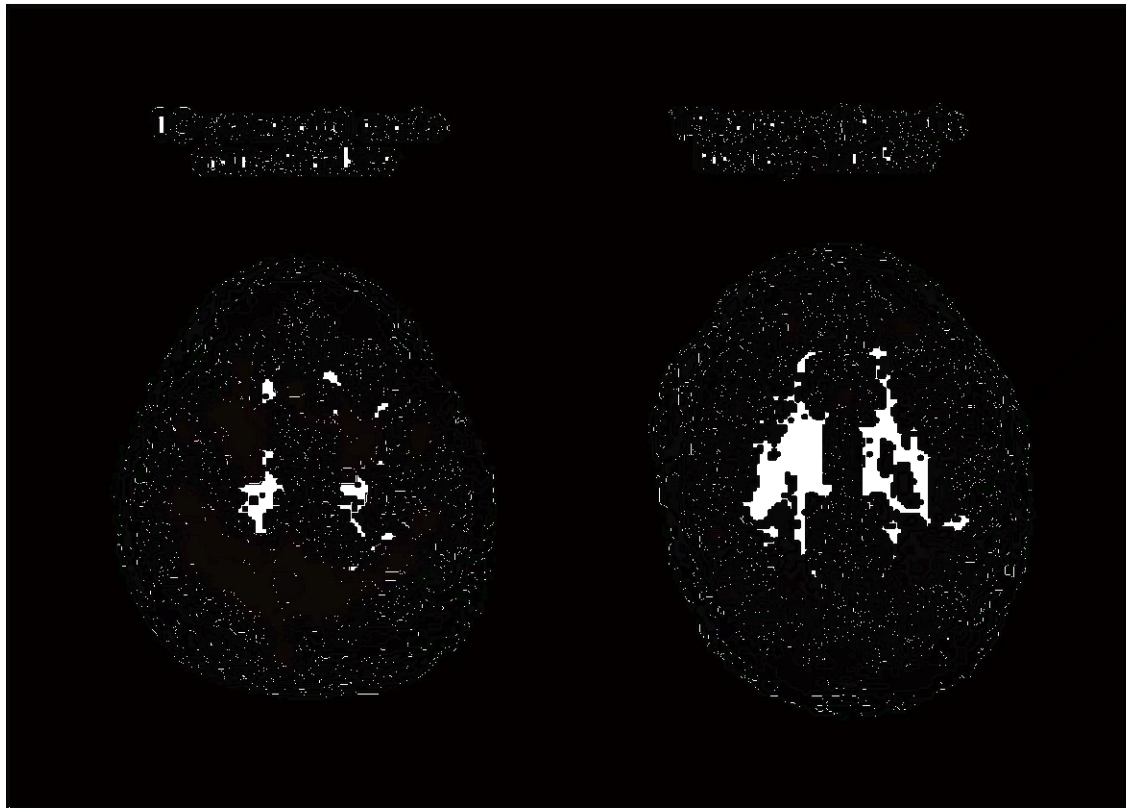
Complex relationship skills

Self Management Skills





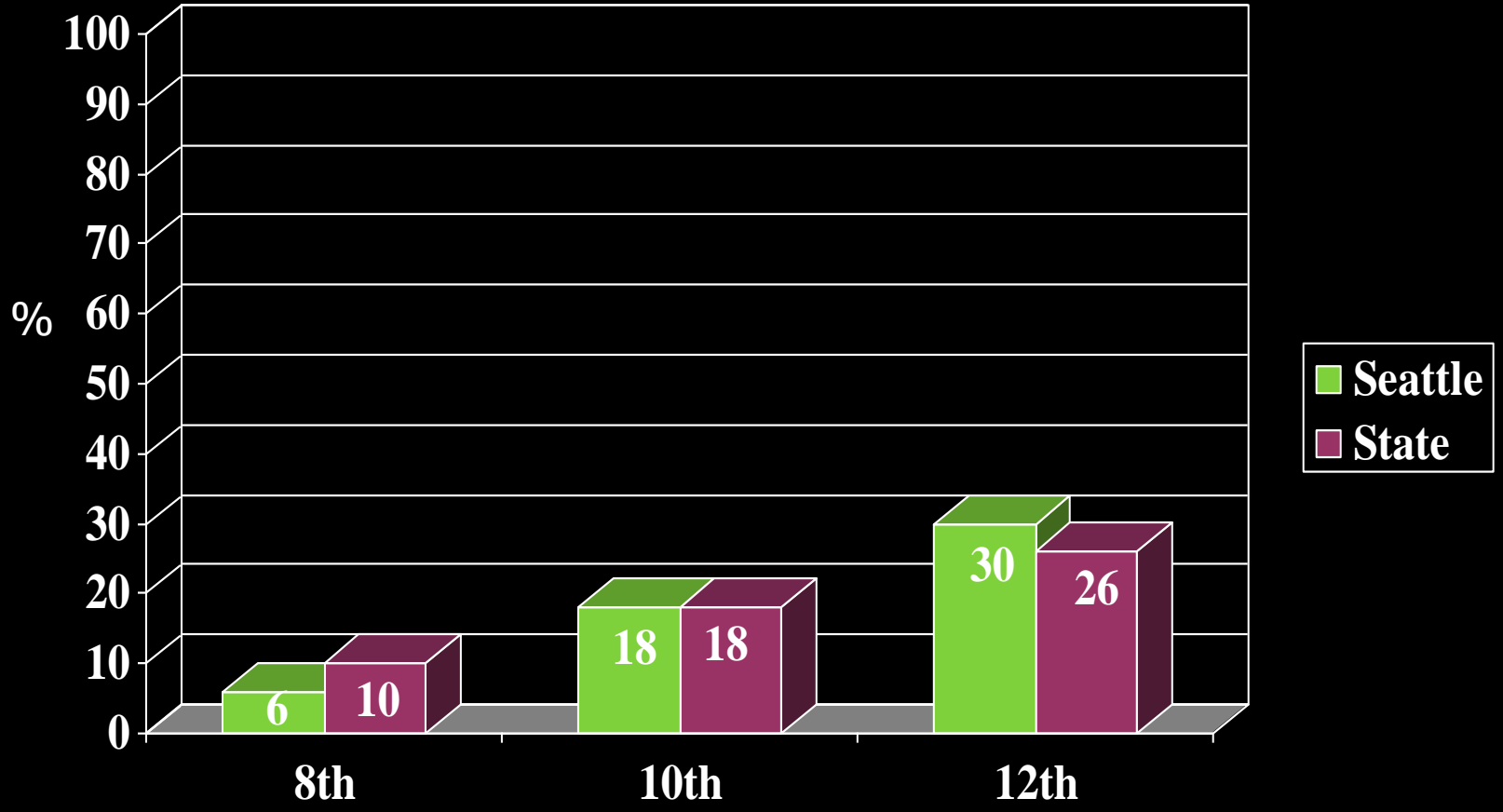
# Effects of binge drinking on the brain last even two weeks after



Even after two weeks of NO drinking the effects are evident in the brain scan On the right



# % who had 5+ Drinks in a row in previous two weeks





# Critical Conversations



# Developing Clear Guidelines

**G** = *Clear and Specific Guidelines*

**M** = *Monitor*

**C** = *Consequence & Problem-  
Solving*

# Guidelines



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# Principles for Setting Guidelines

## *Guidelines Should Be:*

- **Stated Simply**
- **Stated in Positive Terms**
- **Kept to a Minimum Number**
- **Enforceable**

# Monitoring



# Principles for Monitoring



*Ensure standards are followed*



*Maintain a strong bond with your  
child*



# Consequences



# Consequences

## Should:

- Show kids what's been done wrong
- Give them ownership of problem
- Give them options to solve problems
- Leave their dignity intact

Curfew

Cell phone

Cash/Credit

Computer

Car

# Key Principles for Negotiating the Teen Years

- **Think Problem Solving**
- **Decide What Matters**
- **Take Time**
- **Allow for Mistakes**
- **Celebrate, Recognize and Reward**
- **Show Your Love**



# Critical Conversations:

- Make an appointment  
*“I care about our relationship and what’s happening and I want to take some time to talk about it with you.”*
- Stay Calm, start slow  
*“What kind of relationship do you want to have with me?” If you did know, what would you say?*
- Listen, Show Understanding, Leave the door open for problem solving
- Avoid communication roadblocks

If I were born with all of my knowledge at birth, I would have said to my parents something like this:

***As I grow, push, but do not shove; talk, but do not scream; teach, but do not lecture; hold me, but do not pull me; guide, but do not take my place; and lastly love me without measure.***

15 year old boy

Durham, North Carolina

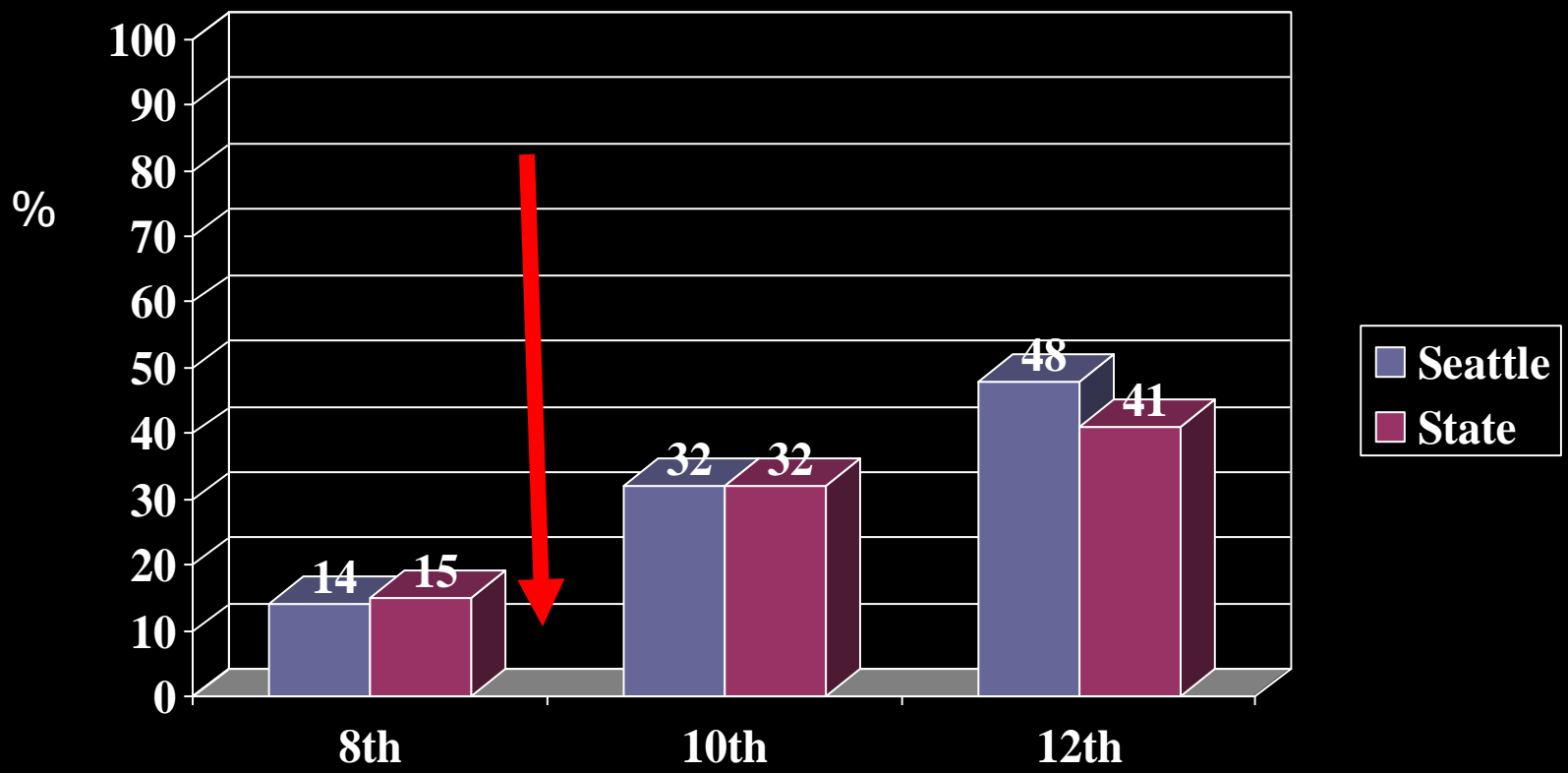


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- \* Marijuana can hinder a teen's ability to learn. Heavy marijuana use impairs young people's ability to concentrate and retain information.
  - \* Marijuana use is linked to poorer grades. A teen with a "D" average is four times more likely to have used marijuana than a teen with an "A" average.
  - \* Marijuana and underage drinking are linked to higher dropout rates. Students who drink or use drugs frequently are up to five times more likely than their peers to drop out of high school. A teenage marijuana user's odds of dropping out are more than twice that of a non-user.
  - \* Teens who begin marijuana use at an early age when the brain is still developing may be more vulnerable to neuropsychological deficits, especially verbal abilities.



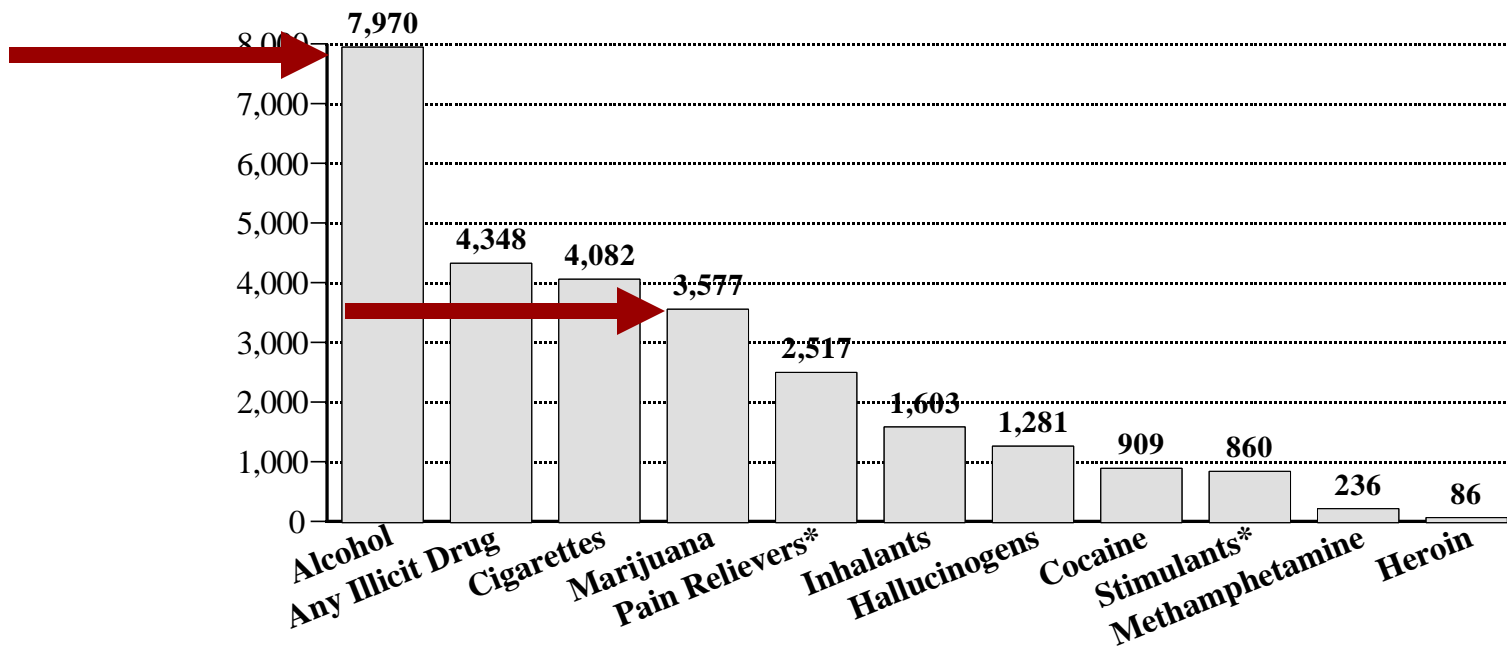
# Recent Alcohol Use

Past 30 days



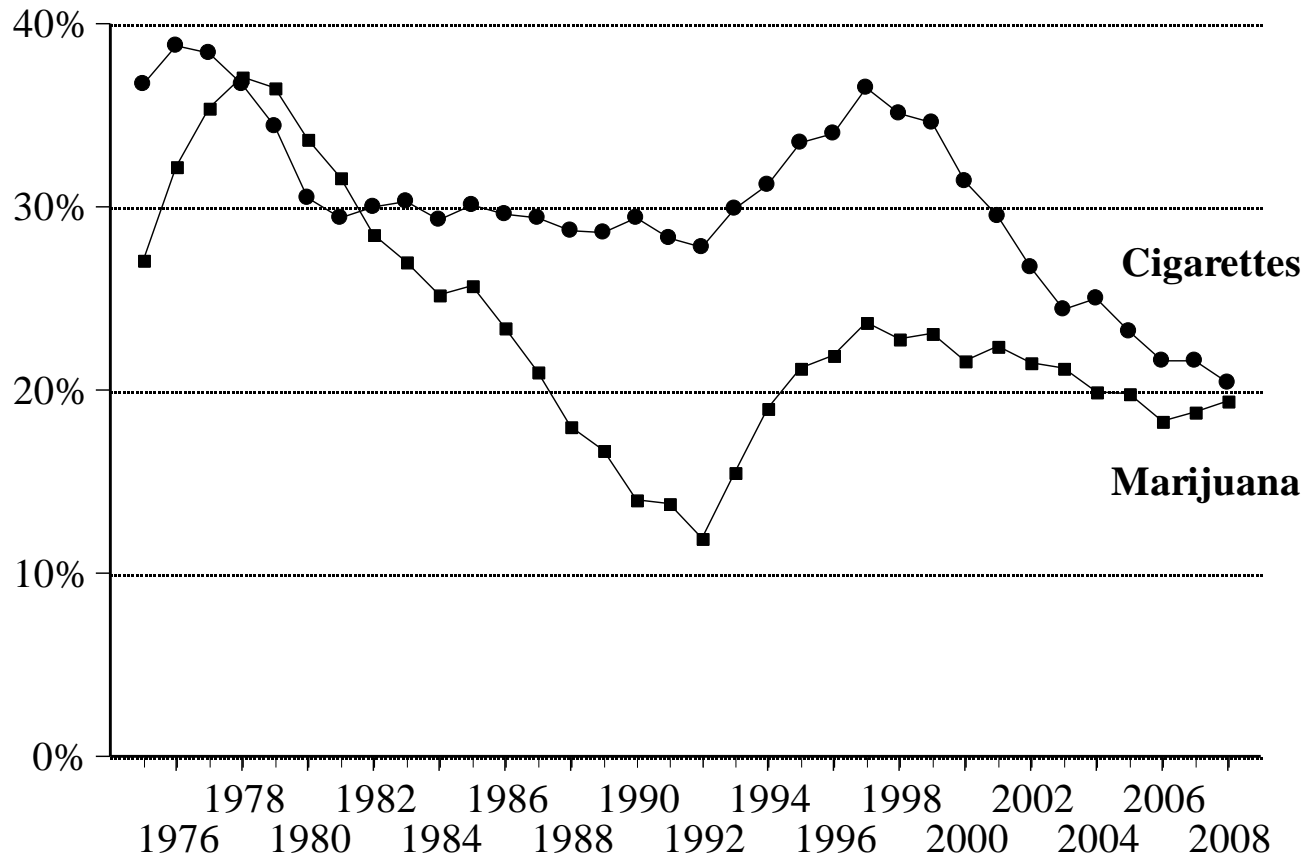
# New Users

Number of U.S. Youths Ages 12 to 17 Who Used Substances for the First Time on an Average Day, 2006



Substance Abuse and Mental Health Services Administration, Office of Applied Studies, "A Day in the Life of American Adolescents: Substance Use Facts," *The OAS Report*, October 18, 2007

# Percentage of U.S. 12th Grade Students Reporting Past Month Use of Cigarettes and Marijuana, 1975 to 2008



Adapted by CESAR from University of Michigan, "Trends in 30-Day Prevalence of Use of Various Drugs in Grades 8, 10, and 12," Monitoring the Future study, 2008